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family first
Full-time mom Lopez refuses to hire new nanny
celeb buzz p.14

wish we were there
Study finds almost 1 in 3 of us don't take all our vacation time
workology p.10

cook stays cool
Idol champ didn't let criticism get to him
entertainment p.12

Please recycle

RAFE ARNOTT/METRO VANCOUVER

Kits Classic shines

A competitor sets up the ball for a spike in the semifinals of the Kits Classic Pro Beach Volleyball Tournament yesterday. Victoria's Jamie Broder, 22, and Richmond's Kristen Knapp, 21, took the women's title. Story, page 4.

Haida artist's works stolen from UBC

Officials mum on how 12 gold pieces by 'icon' Bill Reid were taken

By **JEFF HODSON**
Metro Vancouver

Canada's art community is mourning the loss of several "critical and significant" works after thieves stole 12 pieces of gold jewelry crafted by famed Haida artist Bill Reid.

Sometime Friday night or Saturday morning, thieves broke into the Museum of Anthropology at the University of B.C. and stole 12 pieces of gold jewelry, including a gold box, a broach and a pipe, from a glass case in the Bill Reid Rotunda.

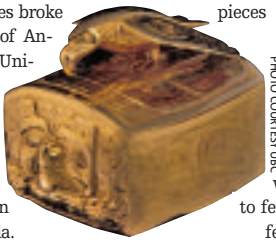

PHOTO COURTESY UBC

A gold box by Bill Reid was among the stolen items.

Three gold Mexican necklaces were also stolen from a different part of the museum.

"It's a huge cultural loss," said Peter Malkin, acting director of the Bill Reid Gallery. "Bill Reid is not on the $20 bill for nothing. He's the pinnacle. He's the equivalent of Leonardo or Michelangelo."

Moya Waters, associate director at the Museum of Anthropology, said the theft is devastating.

"Bill Reid was an icon to Canadian culture and to British Columbia," she said. "He had a very significant role in the renaissance of First Nations art in the 50s and 60s."

Waters would not discuss how the thieves got into the building. Neither would she say whether the robbery was captured on a surveillance camera about three metres from the display case.

She would not say what the pieces were worth, but said the cultural loss is more significant than the monetary loss.

Malkin said it would be difficult to fence the items and fears the artwork will be melted down, if they are not held for ransom.

"The value is not in the metal, it's in the heritage and artistic tradition."

– jeff.hodson@metronews.ca

what do you think?

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local

Apple has arrived in Vancouver – the store that is. Pacific Centre is home to Western Canada's first Apple Store, where customers are invited to play with the hardware and sign-up for Mac workshops and children's camps.

METRO VANCOUVER

relief efforts

Concert held for quake victims

CHINA A local radio station held a sold-out charity concert to raise funds for earthquake relief in China at the River Rock Show Theatre last night.

The concert, organized by AM1320, featured performances by Hong Kong celebrity singer Sandra Lang, Chinese opera singers Monica Bai and Pui Sang Lee. Ticket sales and donations prior to the concert raised $727,000. Donation boxes at the concert will add to that amount.

"It was a great opportunity and we knew the community has been looking to do fundraising," said Tin Lee from AM1320.

Funds are being donated to the Tzu Chi Foundation.

DONNA NG/FOR METRO VANCOUVER

»news

In Brief

» **TOILETS** Vancouver airport has told cab drivers working around the south terminal that they're no longer allowed to use YVR's washroom, news1130.com reports. The decision was made after one driver created a messy situation in a washroom.

» **FUNERAL** The family of a murdered Richmond man said they could no longer wait to hold his funeral because of delays caused by Immigration Canada, news1130.com reports. The government is refusing to grant a visa to a relative in the Philippines to attend Charle Dalde's funeral.

METRO NEWS SERVICES

RAFE ARNOTT/METRO VANCOUVER

The Human Rights Torch is held aloft during a rally held at the Vancouver Art Gallery yesterday. Apaak Clement, president of the Canadian Students for Darfur, speaks in the background.

Rights torch stops in Van

Protesters call for end to alleged abuses in China

By **KRISTEN THOMPSON**
Metro Vancouver

canadian tour

» The Human Rights Torch has been to 10 Canadian cities since its arrival in May.
» Vancouver is its last stop in Canada before heading to Malaysia.

The Olympic Torch might not have stopped in Vancouver on its way to Beijing, but yesterday another flame, the Human Rights Torch, touched down in the city.

It was welcomed by around 100 protesters outside the Vancouver Art Gallery calling for an end to alleged human rights abuses in China before the Beijing Games in August.

Initiated by the Coalition to Investigate the Persecution of the Falun Gong, the torch was lit in Greece in August, and will have visited 150 cities when it makes its final stop in Hong Kong on July 20.

Apaak Clement, president of Canadian Students For Darfur and one of 15 speakers at the event, said the campaign isn't against the people of China.

"This is supporting the people," he said.

Sue Zhang, an organizer of the event, said China was awarded the Olympics on the condition it improve its human rights record.

"We are not against the Olympics. We are happy that China is able to host them. But … it's more than sport. There is a spirit behind it," she said.

"The Olympic charter is to encourage and promote the peace and dignity of all different nations and people."

-kristen.thompson@metronews.ca

Foot not removed by force, RCMP says

Man says remains may be kin killed in plane crash

By **ANDREW KING**
for Metro Vancouver

The remains of another human right foot, the fourth found on B.C. shores in the last year, was not removed by force, according to RCMP investigators.

The foot, discovered in a shoe on Kirkland Island last week, was examined by the B.C. Coroners Service. Preliminary findings have shown no evidence the foot was severed, the same conclusion as the previous three incidents.

A local man, Kevin DeCock, told CTV News he believes the feet could belong to his two brothers, who, along with three others, died in a plane crash near Quadra Island in 2005.

Const. Annie Linteau said DNA tests have determined the gender of the person whose foot it is, but she will not release that information until the police investigation ends.

Slashing, 100-youth fight mar beach bash

A man was taken to hospital Saturday after his throat was slashed during a frantic night at English Bay that involved a fight between about 100 drunk youths.

Vancouver Const. Jana McGuinness said about 2,000 people crowded onto the beach Saturday night, sparking a number of incidents, including the knife attack.

Just after 8 p.m. two drunk men got into a verbal argument. One pulled a knife and slashed the other in the throat.

police

» Using a helicopter and a spotlight, police dispersed the crowd and closed the beach for the night.

The injured man, a 20-year-old from Vancouver, was transported to hospital with non-life-threatening injuries. His attacker, also a 20-year-old Vancouver man, is facing a charge of assault causing bodily harm.

About two hours later, police were called to the beach to stop a fight involving 100 intoxicated youths, some of whom were firing pepper spray into the crowd on the beach.

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The NDP claims that a deflation alert at B.C. Place Stadium was issued two days before the May 16 announcement to refit the aging venue with a retractable roof. The new roof will not be installed until after the 2010 Games.

SOURCE: CKNW.COM

Burnaby

Shooting likely a targeted hit: RCMP

FATAL Metro Vancouver's latest fatal shooting was likely a targeted hit, Burnaby RCMP said yesterday.

Bhupinder Singh Benning, 27, of Richmond was leaving a friend's house in the area of Patterson Avenue and Portland Street when the alleged murder occurred at around 3 a.m.

Cpl. Dale Carr said in a release that Benning was known to police and is believed to have had links to organized crime.

DONNA NG/FOR METRO VANCOUVER

East Vancouver

Thieves walk off with 19 computers

STOLEN Thieves broke into the computer lab of an East Vancouver high school last week and walked off with 19 computers.

Vancouver police said the theft was discovered at 11 p.m. Wednesday when a night employee at Vancouver Technical Secondary noticed damage to an exterior door.

In all, thieves made off with 19 Macintosh G5 computers, worth an estimated $35,000, CBC News Online reports. Money was raised to buy the computers, which were purchased over two years.

In a statement, Vancouver Const. Jana McGuinness said the theft is a "significant loss to the school and to the students who use them on a daily basis."

She said the theft was likely targeted, as adjacent classrooms were undisturbed.

The school's security system was turned off because janitorial staff was cleaning.

METRO VANCOUVER

RAFE ARNOTT/METRO VANCOUVER

The Lynds, Aidan, 13, Kate, 10, and parents Emma and Robert ride near their home in Vancouver West. The family has been without a car for nine years.

Family car-free for nine years

Every week is Bike to Work Week for Vancouver clan

By **KRISTEN THOMPSON**
Metro Vancouver

Yesterday's sky-high gas prices — $1.36 a litre — were likely met with ire by most Vancouverites. But Robert Lynds shrugged them off.

"I haven't been to a gas station in 10 years," the martial arts instructor and father of two said.

Today is the start of Bike to Work Week, a campaign that lasts year-round for his family.

Lynds, his wife, Emma, and children Kate, 10, and Aidan, 13, ditched their two cars nine years ago for a healthier lifestyle — a move that's saved them around $10,000 a year.

"People are like, 'That's so cool (but) I would never do it because I need my car for this (or that),'" said Emma.

But she said once you commit to biking it's easy. When her children were young they sat in bike chariots and in the winter they don rain gear or take the bus.

"You're not sitting in a car, no one's frustrated … and I think you grow to appreciate your community more," Emma said.

Aidan said it's liberating. "You can stop when you want. You can go fast, you can go slow."

"People think they're saving time by having a car, but they're not," Robert added. "Plus I get the best parking spaces."

-kristen.thompson@metronews.ca

tips for bike commuting

» If you're nervous riding in traffic, stay off main roads and use bike routes.
» Shop at local markets or find stores that deliver for big grocery trips.
» Keep some towelettes, deodorant and work clothes at work and ride leisurely so as not to break a sweat.

letters

Jumpers right to fight for Olympics

Re: "Training in vain for jumpers":

I want to commend the women who are fighting for the equal right to ski jump at the Olympics. I have a daughter and while she may never compete at this particular sport, she should have the option to. In Canada we do not tolerate this kind of discrimination. I wish them the best of luck.

— DWIGHT YOCHIM, COQUITLAM

Nature should not be privatized

Re: "Mair goes with the flow":

(The) natural environment is not a private matter, so it should not be in private hands. It does not belong only to the few accountable-for-nothing rich people, but to all of us. Our existence depends on preserving it.

— BOZENNA SIEDLECKA, PORT MOODY

E-mail your letters to vancouverletters@metronews.ca. Metro reserves the right to edit all letters.

Locals shine at tournament

Last year, competitors at the annual Kits Classic Pro beach volleyball tournament had to play in raincoats.

This year, organizers said the hot, sunny weather made up for it in spades.

The sport's first Vancouver tournament of the year, held Saturday and yesterday, attracted 32 professional men's and 22 women's teams from the Pacific Northwest.

Jamie Broder, 22, of Victoria, won the women's pro finals with Kristen Knapp, 21, of Richmond.

Broder, a former member of the University of B.C. national championship-winning team and current national beach volleyball team member, is a 2012 Olympic hopeful.

Victoria brothers Sean and Dan Casey, usually on opposing teams, played together and were runners-up against Vancouver's Ryan Cawsey and Alberta's Steve Gotch.

big money

» Players were vying for a spot in the Corona Extra Open tournament, which offers $15,000 in prize money.

RAFE ARNOTT/METRO VANCOUVER

Chone Liu, 26, snaps one off during the semifinals of the Kits Classic Pro Beach Volleyball Tournament yesterday.

"The (Casey brothers) usually end up playing against each other," Riley said. "They split the prize money."

KRISTEN THOMPSON/METRO VANCOUVER

»news In Brief

» **CHINA** A group of about 100 students from Richmond headed to malls this weekend to help raise money for relief efforts in China after recent earthquakes, news1130.com reports.

» **CRASH** A car crash on Highway 1 near Aldergrove sent at least four people to hospital yesterday, including two with serious injuries, news1130.com reports. Langley RCMP said two of the victims were airlifted to Royal Columbian Hospital.

» **KNIFE** At least 10 domestic flights were grounded at Vancouver airport on Friday after a traveller went through security screening with a 10-centimetre-long knife in his carry-on luggage, CBC News Online reports. Flights were delayed by more than 1½ hours.

» **JAIL** A Chilliwack physiotherapist has been sentenced to jail after being caught with 26,000 images of child pornography on his home computer, news1130.com reports. Laurence Wong, 35, will also have to stay away from children younger than 16 and take counselling for sex offenders.

» **ILLNESS** Police and fire crews evacuated and quarantined a building in New Westminster after six people inside one suite came down with an unknown illness, cknw.com reports. Their condition has not been released.

METRO NEWS SERVICES

canada

Halifax **Guardian Angels arrive**

PAUL MCLEOD/METRO HALIFAX

Guardian Angels founder Curtis Sliwa, left, speaks with a Halifax Regional Police officer in Halifax on the weekend. On Saturday night, Sliwa led five members of the controversial anti-crime group's Halifax chapter on their inaugural patrol. The walk was incident free.

G8 urged to act

Ministers call on countries to meet emissions target

help wanted for clean technologies

» Delegates also called for rich countries to set mid-term targets, in a nod to developing countries at the meeting who called for the G8 to do more to reduce their emissions and help poorer nations with clean technologies.

Environment ministers from the Group of Eight rich nations urged their leaders to set a global target to halve global greenhouse gas emissions by 2050 when they meet for a summit in July.

The G8 agreed last year in Germany to consider halving global emissions by mid-century, a proposal favoured by Germany, France, Britain, Italy, Japan and Canada but opposed by the United States and Russia.

Environment ministers and representatives from the G8 were joined in western Japan by major emerging economies, such as China, to try to build momentum for talks on climate change, a key agenda for the summit in the northern Japanese resort of Toyako.

REUTERS

Canada acted illegally in Khadr case, top court rules

Canada took part in an illegal process when it gave the United States the results of interviews conducted in Guantanamo Bay with terrorism suspect Omar Khadr, the Supreme Court ruled.

The Canadian court said handing over the documents to the United States meant Canada had "participated in a process that was contrary to Canada's international human rights obligations."

In a unanimous decision, the court said Khadr was entitled to see at least some of the documents that Canada gave to the United States to help him prepare for his trial at the U.S. naval base in Cuba in late summer or early fall.

age

» Now aged 21, Khadr was 15 at the time of the alleged action in combat.

Khadr, the only Western prisoner still held at the Guantanamo Bay prison, faces charges of throwing a grenade that killed an American soldier and wounded another during a fight at an al Qaeda compound in Afghanistan in 2002. REUTERS

Afghanistan

Four Canadian soldiers wounded

MILITARY Two separate bomb blasts hit Kandahar City yesterday wounding four Canadian soldiers.

The attack on the Canadian convoy happened on the road leading to the Arghandab district, north of the city.

The soldiers were transported to a nearby hospital with minor injuries that were considered non-life threatening.

Two of the soldiers reportedly walked into the hospital on their own.

METRO NEWS SERVICES

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My stomach is flat again

Cathy Summers was devastated for several years because of her problems with yeast. She felt bloated, had gained weight, craved carbohydrates and her energy levels were lower than ever. It was also putting a real toll on her relationship with her boyfriend Peter.

I WAS DESPERATE

"Nobody seemed to take my condition seriously and no remedy would help me. But through at local health food store I got in contact with a naturopath and he was in no doubt, after hearing my symptoms; I had an imbalance in my intestines between healthy bacteria and yeast cells. He told me how common it is that yeast fungi overgrow in the intestines, but that most people don't know they have the problem. Actually, one in three of his female customers experienced these problems."

I TRIED DIDA

"The naturopath gave me a list of things to avoid, such as white sugar, white flour, candy, processed foods and active yeast (bread). He then put me on two dida tablets a day, for eight weeks and told me to take them with a meal."

NO MORE BLOATING!

"I cannot believe how much my situation has improved since using dida and following the naturopaths recommendations. My stomach is flat again! I am full of energy and my sweet cravings disappeared. It's such a relief to have found a natural solution that works. But best of all - my relationship with Peter is full of life and love again!"

YEAST LOVES SUGAR - BUT HATES CINNAMON!!

Candida fungi can overgrow if you eat a poor diet (refined sugars especially), if you have used antibiotics or birth control pills, or if your immune system is weak (malnutrition, overtraining, bad health in general).

Most people don't even know they suffer from Candida overgrowth, but women recognize it, when they get a yeast infection. The normal medical treatments are lotions or pills. These are effective but don't provide a long-term solution. Furthermore, over 40% of sufferers re-experience Candida problems after using these treatments.

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world

Robert Knox, a teenage actor who will appear in the forthcoming Harry Potter And The Half-Blood Prince was stabbed to death in a brawl outside a south London bar early Saturday. METRO NEWS SERVICES

Phoenix touches down

NASA probe to assess Mars' ability to sustain life

A small science probe blazed through the salmon-coloured skies of Mars yesterday, touching down on a frozen desert at the planet's north pole to search for water and assess conditions for sustaining life, NASA officials said.

The spacecraft, known as Phoenix, landed at 7:53 p.m. after a do-or-die plunge through the planet's thin atmosphere and thruster-jet landing to the Mars surface. It marked the first time a spacecraft had successfully landed at one of the planet's polar regions.

"It was a hell of a lot scarier than the two Mars rovers," NASA's space sciences chief Ed Weiler said, referring to the cushioned landings of the Spirit and Opportunity rovers.

Pulled by Mars' gravity, Phoenix was tearing along at 12,700 mph before it entered the atmosphere, which slowed the craft so it could pop out a parachute and fire thruster rockets to gently float to the ground.

Scientists found in 2002 that Mars' polar regions have vast reservoirs of water frozen beneath a shallow layer of soil. Phoenix was launched Aug. 4, 2007, to sample the water and determine if the right ingredients for life are present.

REUTERS

explosions

Blasts kill 30, hurt 38 in Iran

FIRE Thirty people died in a series of blasts followed by a blaze that engulfed a pharmaceutical plant in central Iran yesterday when a container of chemicals caught fire, the official IRNA news agency said. REUTERS

Aftershock rocks China

At least six killed in 5.8 tremor

A strong aftershock jolted southwest China yesterday killing at least six people and injuring nearly 1,000 others, state media said, nearly a fortnight after a big earthquake killed tens of thousands in the same area.

More than 70,000 houses were toppled during Sunday's tremor in Qingchuan, Sichuan province, state television reported. The 5.8 magnitude aftershock was epicentred 40 kilometres west-northwest of Guangyuan, the U.S. Geological Survey said.

Almost all of Qingchuan's houses had been declared unsafe after a devastating earthquake on May 12, and residents had moved into tents on the fringes of town. A mountain slope abutting the town had shown a crack, leading to fears it could smother part of the city in a landslide.

One of Sichuan's worrisome "quake lakes", formed when landslides block a river, is also near the aftershock's epicentre in Hongguang.

Premier Wen Jiabao, who believes the overall death toll from the May 12 quake could exceed 80,000, has said the main concerns are secondary disasters like flooding and landslides, epidemics, and providing shelter for the 5 million displaced.

REUTERS

Singapore **Water Fools**

VIVEK PRAKASH/REUTERS

Performing artists from the French troupe Ilotopie perform the piece Water Fools on the Singapore River as part of the opening celebrations of the Singapore Arts Festival.

middle east

Army chief to lead divided Lebanon

Suleiman

ELECTED Lebanon's parliament elected army chief Michel Suleiman as head of state yesterday, reviving paralyzed state institutions after an 18-month standoff between a U.S.-backed government and the Hezbollah-led opposition.

disaster

Conditions put on Myanmar aid cash

CYCLONE Myanmar was promised nearly $50 million US in cyclone aid yesterday, but some Western donor countries said their cash was contingent on the junta keeping its word on letting in foreign aid workers.

REUTERS

»news In Brief

» **TORNADOES** At least seven people were killed yesterday by tornadoes and violent thunderstorms spawned by a powerful spring storm system that moved across the United States' midsection, authorities said.

» **ATTACKS** President Thabo Mbeki called South Africa's wave of deadly attacks on immigrants a "disgrace" yesterday and said his government would act firmly to curb the bloodshed. At least 50 people have died and more than 25,000 have fled to refugee centres from the attacks.

REUTERS

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business

Saudi Aramco to invest $129B

5-year plan nearly $40B higher than previous estimates

State oil giant Saudi Aramco plans to invest $129 billion US on new energy projects in the next five years, the company's executive vice president of operations said yesterday.

Saudi Arabia is the world's largest oil exporter and Aramco is expanding to increase crude, gas, refining and petrochemical capacity.

About $70 billion US of the total would be spent by international and domestic joint ventures, and the remaining $59 billion US on projects solely undertaken by Aramco, Khalid al-Falih said.

The $129 billion US figure is nearly $40 billion US higher that previous given expansion estimates and includes more projects, such as refinery plans in the United States and China, a second phase of the Saudi-based PetroRabigh, and a giant petrochemical plant at Ras Tanura to be built by Dow Chemical. REUTERS

$9.66M record for Asian art

A work by Chinese artist Zeng Fanzhi sold for $9.66 million US on Saturday, a new auction record for an Asian contemporary artwork, at auctioneer Christie's first evening sale of such art in Hong Kong. REUTERS

»news In Brief

» **OIL** OPEC-member the United Arab Emirates is ready to boost oil output if necessary, UAE Oil Minister Mohammed al-Hamli said yesterday. Hamli declined to say if the UAE planned to boost output in June. REUTERS

metro
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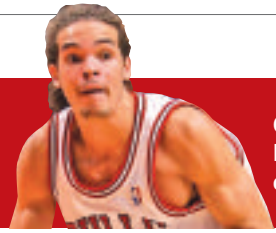
sports



Chicago Bulls player Joakim Noah, left, was charged by police in Florida yesterday with possession of marijuana. Noah was also charged with carrying an open container of alcohol. REUTERS

Pens shuffle deck after loss

Dupuis gets bumped off Crosby's line

By **MATTHEW WUEST**
Metro Halifax

The Pittsburgh Penguins aren't wasting any time shaking up their lineup in the Stanley Cup final.

Penguins head coach Michel Therrien has made changes to every line, including that of captain Sidney Crosby, following Saturday's 4-0 loss to the Detroit Red Wings in Game 1.

Game 2 is today at 5 p.m. in Detroit.

Crosby, who had three shots and a minus-1 rating on Saturday, will have Ryan Malone on his left wing instead of Pascal Dupuis. Sniper Marian Hossa stays on the right side.

Crosby

Malone, who had skated with Evgeni Malkin and Petr Sykora, has been replaced by Maxime Talbot. Dupuis goes to the third line with Jordan Staal and Tyler Kennedy, while veteran Gary Roberts will return to the lineup on the fourth line.

"We've done it (changed lines) all season, so I don't think it's a huge deal," Crosby said in a press conference yesterday. "I don't think anybody's role changes when they change lines. It's just different looks and sometimes it depends on who coach wants to play certain lines against and how they match up."

Crosby said he is happy with his matchup against Detroit's top line of Pavel Datsyuk and Henrik Zetterberg.

"I wouldn't change anything, to be honest," Crosby said.

"We had our chances and we didn't put them in. I don't think they did a whole lot to shut us down completely."

Therrien said Game 1 was Pittsburgh's "worst performance of the playoffs" but is hopeful the line changes will help.

"Every team has to make adjustments through the course of the playoffs," Therrien explained. "We believe those adjustments are going to help us to get success."

Near-perfect Dixon roars to Indy victory

Patrick in spotlight after crashing out

Scott Dixon of New Zealand held on from the pole to win the Indianapolis 500 yesterday, while Danica Patrick was knocked out of the race in a pit lane crash.

Dixon

After stealing the spotlight in the buildup to the race, Patrick overshadowed the New Zealander's victory when she was taken out by Australian Ryan Briscoe during the final fuel stop.

While Dixon was speeding toward victory, the crowd stood and watched as an incensed Patrick climbed out of her car to confront Briscoe before being intercepted by track officials.

"It's probably best I didn't get there, isn't it," said Patrick, who became the first woman to win an IndyCar race with her victory in Japan last month.

While many in the crowd of over 300,000 came to the Brickyard hoping to watch Patrick make 500 history, she would have needed something spectacular over the final laps to overtake Dixon, who ran a cool and near faultless race.

Over the last two laps it was left to Brazil's Vitor Meira to take up the challenge, hounding Dixon to the finish line and crossing 1.75 seconds behind.

REUTERS

Oops! Chiefs win Memorial Cup

MARK BLINCH/REUTERS

Spokane Chiefs players celebrate with a broken cup after defeating the host Rangers 4-1 yesterday in the Memorial Cup final in Kitchener, Ont. The cup atop the trophy became separated from its base during post-game celebrations.

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SCOREBOARD

NHL

STANLEY CUP FINAL
PITTSBURGH VS. DETROIT
Game 1 — Saturday
Detroit 4 Pittsburgh 0
Game 2 — Today
Pittsburgh at Detroit, 5
Game 3 — Wednesday
Detroit at Pittsburgh, 5
Game 4 — Saturday, May 31
Detroit at Pittsburgh, 5
*Game 5 — Monday, June 2
Pittsburgh at Detroit, 5
*Game 6 — Wednesday, June 4
Detroit at Pittsburgh, 5
*Game 7 — Saturday, June 7
Pittsburgh at Detroit, 5
(Detroit leads series 1-0)
(* – if necessary)

PLAYOFF SCORING LEADERS

Name, team	G	A	P
Zetterberg, Det	12	10	22
Crosby, Pgh	4	17	21
Datsyuk, Det	9	10	19
Mari.Hossa, Pgh	9	10	19
Malkin, Pgh	9	10	19
Ribeiro, Dal	3	14	17
Briere, Pha	9	7	16
Franzen, Det	12	3	15
Umberger, Pha	10	5	15
Morrow, Dal	9	6	15
Malone, Pgh	6	9	15
Jagr, NYR	5	10	15
B.Richards, Dal	3	12	15
M.Richards, Pha	7	7	14
Hudler, Det	4	9	13
Prospal, Pha	3	10	13
Modano, Dal	5	7	12
Kronwall, Det	0	12	12
Carter, Pha	6	5	11
Kovalev, Mtl	5	6	11
Gomez, NYR	4	7	11
Samuelsson, Det	4	7	11
Holmstrom, Det	3	8	11
Robidas, Dal	3	8	11

NBA

CONFERENCE FINALS
EASTERN CONFERENCE
BOSTON VS. DETROIT
Game 3 — Saturday
Boston 94 Detroit 80
Game 4 — Tonight
Boston at Detroit, 5:30
Game 5 — Wednesday
Detroit at Boston, 5:30
*Game 6 — Friday
Boston at Detroit, 5:30
*Game 7 — Sunday, June 1
Detroit at Boston, 5:30
(Boston leads series 2-1)

WESTERN CONFERENCE
L.A. LAKERS VS. SAN ANTONIO
Game 3 — Last night
San Antonio 103 L.A. Lakers 84
Game 4 — Tomorrow
L.A. Lakers at San Antonio, 6
*Game 5 — Thursday
San Antonio at L.A. Lakers, 6
*Game 6 — Saturday, May 31
L.A. Lakers at San Antonio, 5:30
*Game 7 — Monday, June 2
San Antonio at L.A. Lakers, 6
(L.A. Lakers lead series 2-1)
(* – if necessary)

MLB

YESTERDAY'S RESULTS
AMERICAN LEAGUE
L.A. Angels 2 Chicago White Sox 0
Minnesota 6 Detroit 1
Oakland 6 Boston 3
N.Y. Yankees 6 Seattle 5
Tampa Bay 5 Baltimore 4
Texas 2 Cleveland 1 (10 ings)
Toronto 3 Kansas City 1
NATIONAL LEAGUE
Arizona 9 Atlanta 3
Colorado 4 N.Y. Mets 1
Florida 8 San Francisco 6 (Gm 1)
Florida 5 San Francisco 4 (Gm 2)
L.A. Dodgers 4 St. Louis 3 (10 ings)
Philadelphia 15 Houston 6
Pittsburgh 6 Chicago Cubs 5 (11 ings)
San Diego 12 Cincinnati 9 (18 ings)
Washington 7 Milwaukee 6

TODAY'S GAMES
AMERICAN LEAGUE
Kansas City at Toronto, 9:37
N.Y. Yankees at Baltimore, 10:35
Chicago W. Sox at Cleveland, 4:05
Texas at Tampa Bay, 4:10
Detroit at L.A. Angels, 6:05
Boston at Seattle, 7:10
NATIONAL LEAGUE
Arizona at Atlanta, 10:05
Milwaukee at Washington, 10:35
L.A. Dodgers at Chicago Cubs, 11:20
Colorado at Philadelphia, 4:05
Florida at N.Y. Mets, 4:10

MEMORIAL CUP

SCHEDULE AND SCORES FOR THE CANADIAN HOCKEY LEAGUE CHAMPIONSHIP IN KITCHENER, ONT:
FINAL
Yesterday
Spokane 4 Kitchener 1

LOTTERIES

Friday, May 23, 2008
Lotto Super 7 6, 14, 15, 27, 29, 34 & 39. Bonus 25.
Extra 49, 50, 83, 85.
Saturday, May 24, 2008
Lotto 6/49 3, 16, 22, 39, 42 & 49. Bonus 28.
B.C. 49 13, 15, 25, 28, 39 & 43. Bonus 27.
Extra 37, 54, 80, 90.
Results not official

NBA

Ginobili nets 30 to spur San Antonio

PLAYOFFS Manu Ginobili scored 22 of his game-high 30 points in the first half as the San Antonio Spurs beat the Los Angeles Lakers 103-84 last night in Game 3 of the Western Conference finals. The Lakers lead the best-of-seven series 2-1.

Tim Duncan had 22 points and 21 rebounds for San Antonio, while Kobe Bryant scored 30 points for the Lakers.

golf

Mickelson birdies 18th for victory

PGA World No. 2 Phil Mickelson conjured a magical birdie on the final hole to win his second Colonial Invitational title by a shot yesterday.

Mickelson clinched his 34th PGA Tour victory with a 14-under total of 266.

Rod Pampling and Tim Clark tied for second.

soccer

Arze's goal knocks down Timbers

WHITECAPS The Vancouver Whitecaps men recovered from Friday's home defeat to the Seattle Sounders with an impressive 1-0 win over the Portland Timbers Saturday night.

Vicente Arze's first-ever goal for the Whitecaps proved the difference as Vancouver claimed its first win in Portland since July 2, 2004. Vancouver's win also snapped Portland's 18-game regular-season unbeaten run at PGE Park.

tennis

Serena cruises into 2nd round

FRENCH OPEN Fifth-seed Serena Williams cruised into the French Open second round at Roland Garros after an easy win over fellow American Ashley Harkleroad yesterday.

Williams won 6-2, 6-1 in 76 minutes.

METRO NEWS SERVICES

workology

Accountemps recently cited seven common job search mistakes, one of them being thinking small: Spread the word about your job hunt to everyone you know, including friends, relatives, professors and former co-workers. METRO NEWS SERVICES

» Office Yoga

By HEATHER DeLONG

This Week's Pose: Shoulder Stretch

» Five minutes of daily office yoga can help relieve physical tension, reduce mental stress and increase awareness of your posture at work.

» Sitting at a desk all day in front of a computer, your upper body — especially your shoulders and neck — may tend to become stiff and strained. This tension can be relieved by a few simple movements like this shoulder stretch. This pose will increase your circulation and relieve muscular tension in your shoulders and also gently stretch your chest, neck and upper arms.

» Remember: Focus on your breath as you perform this simple office pose. Every aspect of the pose should feel comfortable. You should never feel any pain when doing yoga.

» Try it a few times a day when you need a break to reconnect with your breath and counterbalance the stress of your daily work routine.

exhale

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Step 1: Sit near the edge of your chair with your feet flat and hip-width apart. Tuck your tailbone slightly and take a deep inhale as you reach your arms out in one line with your shoulders to fully open your chest.

Step 2: As you exhale, stretch your right arm across your chest. Relax your right shoulder blade down your back and gently turn your head to the right. Find a focal point and hold the pose for several deep breaths.

Step 3: Contract your lower abdominal muscles and gently return your head to centre. Take a deep inhale as you reach both arms back out in line with your shoulders. Keep your shoulders relaxed down your back.

Step 4: Repeat on the left. As you exhale, stretch your left arm across your chest and gently turn your head to the left. Relax your shoulders and facial muscles and breathe here. To come out of the pose, follow Step 3.

Snip your locks for cancer

Terry Fox agency calls out for help

By ANDREW KING
for Metro Vancouver

money raised

» The Terry Fox Foundation has raised more than $400 million toward cancer research in Fox's name since his death in 1981.

The Terry Fox Foundation is looking for people who can convince others to say "goodbye" to their hair for The Great Canadian Head Shave in support of cancer research.

Last year, the foundation raised more than $1 million in donations on Terry Fox Works Day — a day when employees across the country agree to shave their heads in search of a cure. Last year, 1,100 Canadians parted ways with their locks during the one-day fundraiser.

online

» For more information, visit terryfoxrun.org.

For the 2008 works day, the foundation is hiring people to promote the head-shaving event at Metropolis at Metrotown in Burnaby. The organizers will be responsible for getting companies involved and need to be available for the big day on Sept. 12 to run the event.

The organizers will gain valuable experience in staging large-scale events and have the opportunity to meet many people from communities all over the Lower Mainland.

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Are you vacation deprived?

Almost 30% of Canadians aren't taking time off

By **RAFAEL BRUSILOW**
for Metro Vancouver

Feeling vacation-deprived? Join the club — a new Ipsos-Reid survey shows 29 per cent of Canadians do not take all their vacation days every year and 33 per cent agreed they feel vacation-deprived at work.

The survey, in its sixth year and released by online travel portal *Expedia.ca,* found that lack of time, too much work, restrictive and unsupportive vacation policies at work and workload guilt from bosses and co-workers all contributed to fewer people taking vacation days. Only 21 per cent of Canadians missed taking all their vacation days in the same study last year.

"People have a hard time taking a vacation when they're too busy to get away," said Beverly Beuermann-King, a stress and wellness expert from Toronto involved with the study.

> *« Not taking a vacation is a symptom of not having that work-life balance. If you don't have time to take your vacation, then what else do you have time for?»*
>
> Beverly Beuermann-King

Beuermann-King says in her experience, people who don't take vacations often think they are being more productive but in fact show much higher rates of absenteeism, drug use and disability claims than people who take a regular break.

"Not taking a vacation is a symptom of not having that work-life balance. If you don't have time to take your vacation, then what else do you have time for?" she said.

For most people, a few days of fun and relaxation can make a big difference, but others may need to put their foot down and commit to some real time off.

"If you haven't had a vacation in five years, a long weekend probably isn't going to make you feel rejuvenated," Beuermann-King said.

Getting into "vacation mode" can take a few days, so Beuermann-King says to plan for a one- to two-week vacation if you need a longer break. Knowing yourself is also key to choosing the right vacation: People in repetitive jobs often find joy in doing something tense and adventurous, whereas people in stressful jobs tend to prefer something relaxing like lying on a beach, being served and not having to think about much of anything.

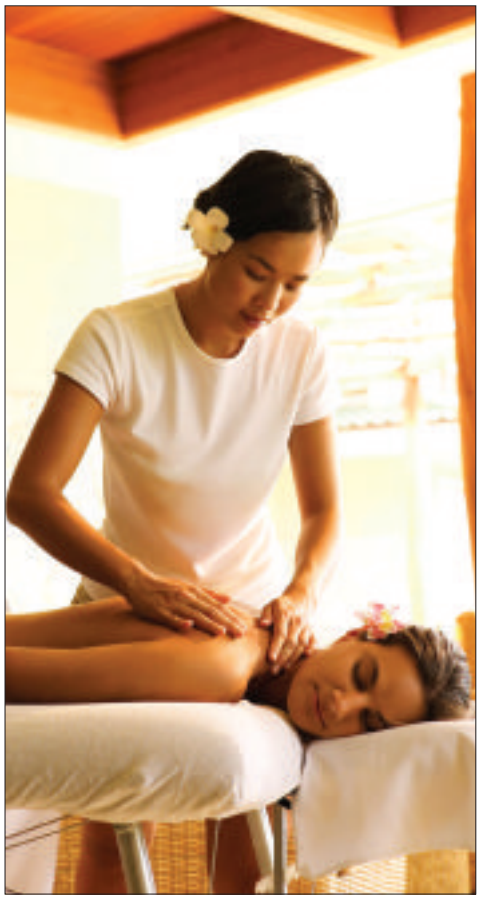
Sean Shannon, managing director of *Expedia.ca,* says even though the study is in its sixth year, he still finds the results a bit shocking.

"It always astounds me that there are hard-working Canadians who don't use their vacation days," he said.

Guilt can play a big role in whether people take vacations, Beuermann-King says, because work doesn't go on vacation when we do, so plan your vacation well in advance, notify co-workers ahead of time and make preparations for your return to work before you go.

E-mails and duties can pile up upon return, so Beuermann-King recommends a little trick: Tell people you're coming back one day later than you actually are — this will leave you with one whole day to check messages and set things back in order. Forget vacation envy and take charge of your time off.

"Don't get caught up in the jealousy — start planning your own vacation," she said.



Choosing the right vacation is important as people in repetitive jobs often find joy in adventure, while people in stressful jobs tend to prefer something relaxing.

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Thurs. May 29, 4 - 6 p.m. Room 616

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Workers cling to job while away

Employees now expected to check e-mail at the beach

As workers prepare to enjoy the start of the summer vacation season, for some, it won't mean being free of the office. A quarter of workers, up from 20 per cent in 2007, said they plan to stay in contact with work while on vacation, and close to one in 10 (9 per cent) said their bosses expect them to be working or at least checking e-mail while on vacation, according to the *CareerBuilder.com* annual vacation survey.

Fifteen per cent of workers said they gave up vacation days in 2007 because they didn't have time to use them, with 9 per cent giving up four or more days.

Comparing industries, sales workers (50 per cent) lead in the number of workers planning to check in while away on vacation, followed by 37 per cent of both financial services workers and IT workers.

Employers' expectations play a role in worker decisions to stay connected while on vacation. Nearly one in five IT workers (19 per cent) said working, checking voicemail and e-mail while on vacation is required by their employers, compared to 17 per cent of sales workers, 14 per cent of workers in the financial industry and 12 per cent of those in professional and business services.

The stress of taking vacations may lead some to lie about ease of access at their vacation destinations. Seven per cent of workers said they have lied to their employers, claiming they couldn't be reached on vacation.

"Taking a vacation is a great way for workers to re-energize themselves and bring fresh ideas back to the table," said Rosemary Haefner, vice-president of human resources at CareerBuilder. "Unfortunately for some workers, getting away can add unnecessary stress to their lives. Twelve per cent of workers said they feel guilty when they are on vacation, and 6 per cent felt that it could lead to them losing their jobs. If you prepare to be away in advance, your organizational skills may impress your leadership team and allow you to take a truly work-free vacation."

vacation plans

» Workers plan to spend their vacations in a variety of ways, including:
» Travelling (36 per cent)
» Visiting family and friends (24 per cent)
» Resting (20 per cent)
» Catching up on housework (8 per cent)
» Running errands (3 per cent)

organization

When planning a vacation, Haefner recommends the following tips to make your time off a true break from the office:

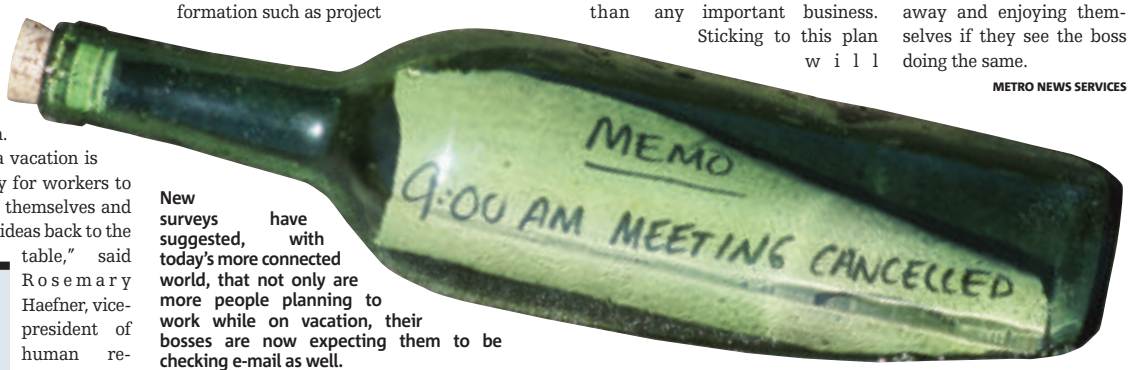
» 1. Prepare. Prepare. Prepare. Make sure that everyone on your team knows what days you plan to be out of the office as far in advance as possible. Also, keep a journal of a day in your work life and share it with a co-worker who will be covering for you. The journal should have important information such as project contact information, any emergency passwords, etc.

» 2. Think big. If you know that you will be taking a big vacation this year and expect a big project to appear at around the same time, do everything possible to leave as much room between the two events. Projects sometimes run longer than projected, so make sure you build in enough time to your plans so both don't become stressful.

» 3. Stick to a plan. In most cases you are going to be away with other people on vacation. If you have to work, schedule a (short) block of time each day to check in and take care of any important business. Sticking to this plan will allow you the piece of mind of knowing things are fine at the office and will allow your family or friends to schedule activities without having to leave you behind.

» 4. Teach by example. If you are the boss, take a vacation and limit your contact with the office. Workers will feel much better getting away and enjoying themselves if they see the boss doing the same.

METRO NEWS SERVICES



New surveys have suggested, with today's more connected world, that not only are more people planning to work while on vacation, their bosses are now expecting them to be checking e-mail as well.

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entertainment

The voice of Lisa Simpson, actress Yeardley Smith Erikson, left, has filed for divorce from her husband of four years.

IMDB.COM

followup

Winehouse talks about new album

Winehouse

MUSIC Amy Winehouse describes her new album as "lovelorn," *Ananova.com* reports. The followup to Back To Black is apparently taking inspiration from her relationship woes. Husband Blake Fielder-Civil is currently in prison awaiting charges for grievous bodily harm.

charity

Chan planning earthquake film

MOVIES Jackie Chan is planning to make a film about the Chinese earthquake to raise money for survivors, BBC News Online reports.

The action hero is meeting directors and scriptwriters to get the project off the ground.

METRO NEWS SERVICES

Idol champ keeps his cool

Despite criticism, David Cook never lost confidence

By **SANDY CAETANO**
for Metro Vancouver

Before being crowned the new king of American Idol, David Cook had many hurdles to jump over including criticism from the judges.

When you're in a singing competition of this magnitude, competitors have to deal with the stress of learning new songs each week in addition to critics nitpicking song choices, vocal talents and outfits.

> *« I just want to make a record that's going to make the hair on the back of your neck stand up. »* David Cook

Judge Simon Cowell was one of Cook's toughest critics. He put Cook's performances down numerous times and even called him cocky and pompous. However, Cook says he never let it get to him or change who he was.

"I went into this with kind of a different perspective from everybody else. I didn't have any expectations as to what the show was going to do for me or what I was going to do for the show," says Cook. "I just went into (it) as an opportunity to expose myself musically to a large audience. So my confidence level really never wavered and maybe that's what got misinterpreted as cocky or arrogant."

GETTY IMAGES FILE PHOTO

American Idol champ David Cook is working on a new album.

From day one, Cook understood the brevity of the situation but chose not to get wrapped up in it. For him the focus was on enjoying the experience.

Cook's first album coming out of the Idol gate is going to feature a mixture of his own work as well as contributions from others. His priority is to release a solid and successful record.

"The ideal release date is as soon as possible if you're asking me, but obviously these things take time," says the 25-year-old former bartender from Blue Springs, Mo. "As far as the type of record, it'll probably be a rock record, but I think that's a pretty vague generalization. I just want to make a record that's going to make the hair on the back of your neck stand up."

As for fellow competitor, David Archuleta, Cook has only warm words.

"He's just an amazing human being, so I was just honoured to share the stage with him."

more online

» For an interview with American Idol runner-up David Archuleta, go to *metronews.ca*.

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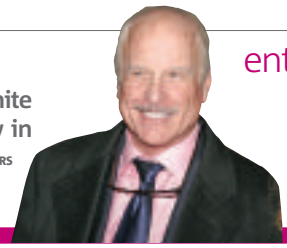

Richard Dreyfuss, right, could soon make the trip to Oliver Stone's White House. He's entering final talks to play Vice-President Dick Cheney in the director's upcoming political drama W.

REUTERS

Bringing hotel-style luxury home

Palette, mattress, bed linens are key elements

If we could help your home project the wonderful feeling you get when checking into a funky hotel, that'd be cool, huh?

And if we could prove that boutique-hotel style isn't necessarily bank-busting, then that'd be even better, n'est pas? Cue this week's episode of The Home Show.

COLIN & JUSTIN'S INTERIOR DIVINE

First things first? Luxury. And our obvious starting point — the bed. Forget flimsy mattresses that deny you deep, restorative slumber. Our advice is to invest in a top quality model that'll cosset you to the max rather than make you feel like you're sleeping on the garden wall.

Hotel rooms are designed to stimulate your power-off buttons, and are generally decorated in neutral palettes that won't discommode as you try to unwind. Opt for shades like Whisper Bluff or Wayside Inn by Dulux, which are calming and low key.

OPUS HOTELS

A guest relaxes in a "Susan" room done in soft periwinkle blue at the Opus Hotel in Montreal (which is a sister property to Opus Vancouver). See *www.opushotel.com*.

Oversized headboards are also perfect get-the-look fodder, so shop around for one or buy a large section of thick foam, fix it to a piece of MDF that's the width of your bed and perhaps five feet high, then cover it all with touchy-feely fabric. You'll be surprised at how adept you can be with staple gun if you persevere.

Next up are linens — but we insist you bypass those paper-thin options and go for ones with a high-quality thread count(a measure which refers to the number of threads in each square inch of fabric). However, thread count isn't your only guide to quality. Fabric, construction, yarn type and, of course, pattern and texture should also be deciding factors.

Now, it's time to get crafty. Make a cute bed throw to match your headboard by hemming a section of fabric, then tie the look together with cushions in almond, chocolate or caramel. Add shots of palest aqua as an interesting visual diversion.

Good lighting will make or break a hotel room so visit *www.livinglighting.com*, which is the very Web site we plunder when pulling together our schemes. Boxy shapes with controllable light levels are cute and will allow you to change the mood as, ahem, required. But in the name of family decency, we'll move on!

Finally, remember to titillate your nose. Scented candles are a luxury hotel staple, so dot them around your boudoir and, as their aroma takes hold, prepare to float off in a gorgeous holiday like haze. Turn on your flat screen telly (the one concealed in your wardrobe, of course) pour a glass of velvety red vino and settle down for the perfect night away — at home.

HGTV hosts Colin and Justin continue their mission of beautification with their Canadian design series The Home Show, airing Tuesdays at 11 p.m. and Saturdays at 4 p.m. ET on HGTV. www.hgtv.ca

»going out

6 p.m. Arch Enemy. At the Croatian Cultural Centre, 3250 Commercial Dr. Tix: $25. Info: *croatiancentre.com*.

7:30 p.m. The Cure. At General Motors Place, 800 Griffith Way. Tix: $29.50/69.50. Info: *generalmotorsplace.com*.

8 p.m. Kathleen Edwards. At Richard's on Richards, 1036 Richards St. Tix: $20.00. Info: *richardsonrichards.com*.

8 p.m. Rent Money. At the Lamplighter Public House, 92 Water St. Tix: $10. Info: *thelamplighter.ca*.

metro TOP 5IVE

Top 5 TV theme songs, Part 3:

1. Mission Impossible
2. Peter Gunn
3. Mary Tyler Moore Show
4. Twin Peaks
5. Batman

— Rick McGinnis/ for Metro Vancouver

	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 5/26/08	251	308	3	CBC	NHL Hockey		Movie				CBC News: The National (N)		National
	255	358	6	CH	E! News	The Insider	How I Met	How I Met	My Boys	Engagement	Paradise Hotel 2 (CC)		News (N)
	254	-	8	M	Law & Order: SVU		Mandarin News		Cantonese News (N)		Punjabi News (In Punjabi N)		The Simpsons
	250	321	9	CTV	eTalk (CC)	Degrassi	Corner Gas	Robson Arms	Criminal Minds (CC)		CSI: Miami "Death Eminent"		News (N)
	-	-	10	OMNI	According-Jim	TBA	Coach (CC)	Coach (CC)	The Standard	Diya (CC)	To Be Announced		New Day
	252	336	11	GTV	Entertainment	ET Canada	Bones (CC)		House "Resignation" (CC)		Durham County (CC)		News (N)
	256	389	12	VI	Degrassi	Friends (CC)	Big Bang Th	30 Rock	Two/Half Men	According-Jim	Comedy Inc.	Comedy Now	News (N)
	253	359	13	CITY	Wheel-Fortune	Jeopardy! (N)	American Gladiators (N) (CC)			Entourage	Biography "Hugh Grant"		Reviews
	-	-	14	CW	'70s Show	'70s Show	Gossip Girl "Pilot" (CC)		One Tree Hill (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15	CBS	Entertainment	The Insider	Big Bang Th	How I Met	Two/Half Men	Engagement	CSI: Miami "Death Eminent"		News (N)
	287	379	16	NBC	Evening Mag.	Inside Edition	American Gladiators (N) (CC)			Dateline NBC (CC)			News (N)
	602	568	19	W	Will & Grace	Friends (CC)	How Clean	House	Confidential	Divine Design	How Clean	Kim	House
	288	380	21	ABC	Wheel-Fortune	Jeopardy! (N)	Vacation Swap (CC)		The Bachelorette The 15 bachelors arrive at DeAnna's villa.				News (N)
	-	-	23	KVOS	M*A*S*H	Scrubs (CC)	Quigley Down Under ★★ (1990, Western) Tom Selleck.				Will & Grace	Scrubs (CC)	Seinfeld
	291	383	27	PBS	Steves Europe	Antiques-UK	Antiques Roadshow (N) (CC)		American Experience "Truman" (Part 2 of 2) (CC) (DVS)				Crossroads
	290	382	28	FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance (CC)				News (N) (CC)		Family Guy
	-	364	28	PBS	American Experience		Keeping Up	Being Served	Tavis Smiley	Charlie Rose (N) (CC)		Antiques Roadshow (CC)	
	296	654	34	SBK	Frasier (CC)	Frasier (CC)	Cheers (CC)	South Park	Comics Un.	Half & Half	Entertainment	The Insider	Paid Program
	298	653	35	TLA	Two/Half Men	Two/Half Men	Gossip Girl "Pilot" (CC)		One Tree Hill (CC)		KTLA Prime News (CC)		Friends (CC)
	295	651	36	WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	Sex and-City	Friends (CC)	Will & Grace	Will & Grace	My Wife-Kids
	297	652	37	WPX	CW11 News at Ten		Family Guy	Two/Half Men	Sex and-City	Will & Grace	Frasier (CC)	George Lopez	Odd Couple
	199	311	76	STR	News (N)	News		Late Show-Letterman		Inside Edition	Big Love "Eclipse" (CC)		Late Late
news	502	390	23	NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National		TV Iraqi Style (CC)		National
	500	500	33	CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22	RSP	MLB Baseball Boston Red Sox at Seattle Mariners. From Safeco Field in Seattle. (Live)						Sportsnet Connected (Live)		Sportsnet
	400	400	30	TSN	NBA Basketball: Conf. Final		SportsCentre (Live) (CC)		Euro 2008	EURO Classic Soccer (CC)		UEFA Weekly	SportsCentre
	411	457	49	OLN	Departures "Thailand" (N)		Pilot Guides (CC)		Don't Forget Your Passport		The Amazing Race 7 (CC)		
	410	403	54	SCR	WWE Monday Night Raw		(:15) Score Tonight		WWE Monday Night Raw (CC)				Score Update
	417	406	55	SC	Barrett-Jackson		Pinks	Pass Time	This Week in NASCAR		SuperCars	Car Crazy	Auctions
	416	409	144	GLF	(6:00) Fútbol de España		Gol TV News		Ole: La Liga		Gol TV News		Gol TV News
family	552	543	25	YTV	Malcolm-Mid.	Prank Patrol	Man of the House ★★ (2005) Tommy Lee Jones. Premiere.				Falcon Beach (CC)		Mystery Hnt.
	555	545	50	TEL	George	Road Runner	Scooby Doo	Futurama	Tripping-Rift	Tripping-Rift	Chicken	Chicken	Tripping-Rift
	557	541	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Natural-Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	55	TRE	Big Comfy	Rolie Polie	Beren. Bears	Babar (CC)	Backyard	Dora-Explorer	Crazy Quilt	The Bittles	Big Comfy
cable variety	268	354	5	KNO	Leading Edge	Wild at Heart	Asahi Baseball		Dragon Songs: Lang Lang		Dragon Songs (CC)		Profiles
	575	583	20	CMT	Home Imp.	Roseanne	Dedicated		Reba (CC)	Hope & Faith	Home Imp.	Roseanne	Ed (CC)
	570	580	24	MM	PunchMuch		MuchTopTens (CC)		Punk'd (CC)	Rock the Cradle (CC)		Video on Trial	Video on Trial
	600	564	29	H&G	Design U (N)	Parents House	House	Marriage	Outside	Find Style	Property	Home to Stay	Design U
	615	520	31	A&E	(6:00) The Andromeda Strain		CSI: Miami "No Man's Land"		CSI: Miami "Throwing Heat"		The Andromeda Strain (2008) Benjamin Bratt.		
	628	584	42	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		V.I.P. "Franco in Love" (CC)		CSI
	521	560	32	TLC	Jon & Kate Plus 8 Road		Jon & Kate	Jon & Kate	Jon & Kate Plus 8		Jon & Kate Plus 8 Road		Jon & Kate
	616	522	33	SHO	ReGenesis (CC)		Cold Squad "Willy Santayana"		Trailer Park	Billable Hours	Damages (CC)		(:05) House
	620	523	40	BVO	When Moses	Railroad	Law & Order "Precious"		Without a Trace "Confidence"		Just Looking ★★ (1999) Ryan Merriman.		
	601	562	41	SLC	Project Catwalk (CC)		End of Leash	Spoiled	Tim Gunn's Guide to Style		Project Catwalk (CC)		Trading Sp
	520	505	42	DIS	Canada's Worst Handyman		Daily Planet (CC)		Dirty Jobs Water snakes.		Canada's Worst Handyman		MythBusters
	522	506	44	HIS	NCIS "High Seas" (CC)		Dogfights (CC)		Rome Octavian proclaims a new era in Rome.		Legends		Crime Stories
	627	528	45	SPC	Blood Ties Fertility clinic.		Stargate SG-1 "Meridian"		Star Trek: Voyager (CC)		Star Trek: Enterprise (CC)		Alias (CC)
	294	650	47	TBS	Name Is Earl	Name Is Earl	Bill Engvall	Bill Engvall	Sex and-City	Sex and-City	Men in Black ★★★ (1997) (PA) (CC)		
	619	525	48	TROP	Tube Tales	Tube Tales	ET Canada	What	Family Guy	Seinfeld	Seinfeld	Frasier (CC)	Family Guy
	603	561	52	FN	Ramsay's Kitchen Nightmares		Restaurant Makeover (CC)		Iron Chef America (CC)		Good Eats	Perfection	Ramsay
	626	547	57	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Distraction	Punched Up	Daily Show
	320	621	60	CEN	John Adams "Reunion" (CC)		(:15) The Da Vinci Code ★★ (2006, Mystery) Tom Hanks, Audrey Tautou.					(:45) Masters of Horror (CC)	
	581	566	101	MTV	The Paper	Life of Ryan	MTV Live (CC)		Super Sweet	The Paper	The Paper	Life of Ryan	MTV Live
	261	394	102	V	Divine Restor.	Recreat. Eden	Doc "See No Evil" (CC)		McLeod's Daughters (CC)		Yes, Minister	Wait for God	Recreat. Eden
	-	-	105	MUL	The Land	Daughters	Doctor Song Lian Sheng		I Luv New York		GMA Telesine Night		Patrol World

critics'corner

Corner Gas

Hank as the Dog River ambassador? Whoever decided that needs his head examined. In "American in Saskatchewan," Hank (Fred Ewanuick) is assigned to show an American around, but he stinks at it. So Brent (Brent Butt) steps in to undo the mess. Karen (Tara Spencer-Nairn) decides she should finally learn to speak French, but Dog River is seriously lacking in Francophones. 4 PM on COM

The Andromeda Strain

The first movie based on a novel by Michael Crichton ("Jurassic Park") was scary when it came out in 1971, but it's even more chilling to contemplate today. A satellite crash releases a deadly virus that wipes out a town's populace — except for one very young and one very old resident. Scientists must scramble to keep the plague from spreading and figure out why the two survivors are immune. Benjamin Bratt and Eric McCormack lead the cast. 6 PM on A&E

celebritybuzz

Davis gets 'lame' deal

Kristin Davis was unhappy on the set of the Sex And The City:The Movie after finding out she wasn't allowed to keep her designer costumes, femalefirst.co.uk reports.

The actress expected to collect her expensive collection of garments after the film wrapped but was disappointed when she was told the opulent items had to be returned to their fashion houses.

But Davis, who plays conservative Charlotte York in the eagerly anticipated movie, did get some fashionable treats – she was allowed to keep her character's collection of designer shoes.

She says, "I went up to get my clothes, and there were none left, because all mine were samples (and had to go back to the designers).

"I got a really lame deal – totally coincidentally. But I got my shoes, thank God!"

Metro News Services

ANDREAS RENTZ/GETTY IMAGES

Lohan turns down fur offer

Lindsay Lohan has turned down a nightclub owner's offer to bail her out of her latest legal troubles because she insists she is innocent, imdb.com reports. Model Masha Markova has filed papers at Manhattan's State Supreme Court claiming Lohan stole her $11,000 mink coat as she left a New York nightclub after a birthday party in January. The coat was later returned, but only after Lohan had been photographed wearing an identical fur on the same night. Nightclub boss John Englebert stepped in and offered to settle the case for Lohan, and buy her her own mink coat. But the actress insists she doesn't need his help.

Her representative says, "She already has one (fur coat)." Adding of the coat mystery, the rep adds, "If she took it, she took it by mistake. There are worse mistakes to make."

Metro News Services

FRAZER HARRISON/GETTY IMAGES

Lopez is on mommy duty

Jennifer Lopez is refusing to find a new nanny to look after her baby twins, because she wants to be a full-time mom, femalefirst.co.uk reports. The nanny Lopez and husband Marc Anthony hired to look after three-month-old twins Max and Emme left the job last month, and, instead of replacing her, Lopez is caring for the pair herself.

A friend tells Us Weekly, "She's beyond hands-on."

And both Lopez and Anthony plan to put family first and their careers second for at least the next 12 months: "They both told their managers that the next year would be all about family."

Meanwhile, Anthony will take his wife and twins with him when he tours Spain next month.

Metro News Services

KEVIN WINTER /GETTY IMAGES

Shia can't kick dad out

Shia LaBeouf is having a hard time asking his dad to leave the garage of his Los Angeles home, femalefirst.co.uk reports.

Vietnam veteran Jeffrey LaBeouf spends his summers living in a teepee in Montana and his winters staying with his movie star son. This year, however, the actor's father has yet to move on. The Transformers star admits he can't bring himself to kick his dad out.

LaBeouf, 21, says, "We've got this little air mattress set up for him. It's very comfortable.

"But now it's not winter anymore and he's still there. But I can't go there and go, 'Hey dad. Listen it's time to go back.' I can't make him leave."

Metro News Services

KEVIN WINTER/GETTY IMAGES

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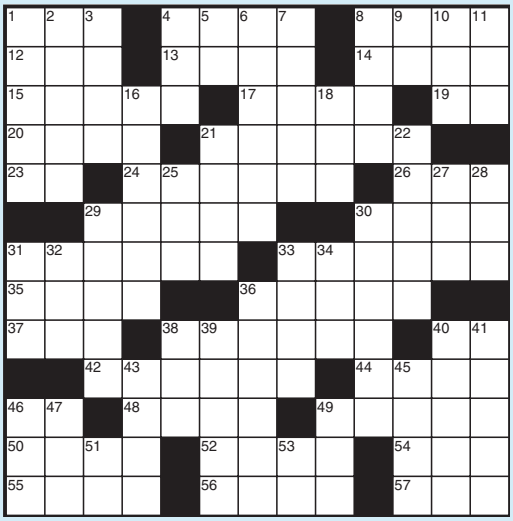

down »

1 Cool
2 Borneo's archipelago
3 Vibrate
4 Do sums
5 Former princess
6 Microscopic animal
7 — Oberon of films
8 Ignoble
9 Argon, in the lab
10 License plate
11 Cable network
16 More open
18 Place for laundry
21 Tampa Bay gridders
22 Weakness
25 Make a wrong move
27 Freshly painted
28 Slalom run
29 Miner's stake
30 Screen blinker
31 Rollover subj.
32 Funny — DeLuise
33 Graph lines
34 Berlin article
36 Tied the score
38 Haul into court
39 In reserve
40 Baker's buy
41 Pep
43 Nothing but
45 Without fat
46 High peak
47 Cyberspace service
49 Show sorrow
51 Cajun's st.
53 Bradley or Murrow

across »

1 Yuppie's auto
4 Actor — Sandler
8 Hot soak
12 Fan noise
13 Thinnest coin
14 Bedouin
15 Helen of Troy's story
17 Poets' eyes
19 Beat it
20 Madras garment
21 Opinion
23 Derby st.
24 Deli sandwich
26 Blow away
29 Roughly
30 Billiard sticks
31 Slackers
33 Men and women
35 Jungle warning
36 Try extra hard
37 "How — — doing?"
38 Pack rats
40 Attention-getting word
42 Hunts rodents
44 Muffin spread
46 Battery sz.
48 No, to Fraulein
49 Elite
50 Lounge about
52 Whitetail
54 Cobra cousin
55 Join in the game
56 Vortex
57 Ultimate degree

previous answer

T	O	W	■	O	R	A	L	■	S	L	A	T
U	G	H	■	G	I	L	A	■	W	I	D	E
F	R	E	E	L	O	A	D	■	A	L	E	X
T	E	N	S	E	■	S	E	A	M	■	■	■
■	■	■	S	R	I	■	■	D	I	N	K	Y
V	I	S	A	■	R	E	P	S	■	A	N	A
A	L	L	Y	■	K	O	I	■	S	P	E	W
I	S	O	■	P	S	S	T	■	C	A	W	S
N	A	T	C	H	■	■	S	P	A	■	■	■
■	■	■	R	I	C	O	■	I	D	O	L	S
A	B	B	A	■	L	U	C	K	S	O	U	T
R	A	I	N	■	A	C	H	E	■	P	R	O
M	A	C	E	■	W	H	I	R	■	S	E	W

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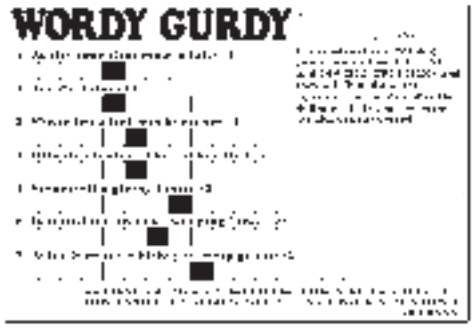
WORDY GURDY



HOROSCOPE

ARIES | March 21-April 20
A selfish person will cause serious frustration. You'll understand that something can't be justified. Challenging a rule leads to indulgence.

TAURUS | April 21-May 21
Turn back from a bad choice before it's too late. A loved one will visit to perk you up. A woman wants to rearrange something.

GEMINI | May 22-June 21
Try to be gentler when anxieties are outstanding. Unexpected events keep you hopping. Fresh thinking cancels out previous training.

CANCER | June 22-July 22
There is a powerful person working behind the scenes. Try not to isolate yourself. You'll benefit from a friendship with a tough superior.

LEO | July 23-Aug. 23
An uncomplicated gadget will work best. Happy news will come your way. You know what you want to do with your life.

VIRGO | Aug. 24-Sept. 22
Don't play power games with a stronger opponent. Someone is angry about a broken promise. It is time to shift your attitude.

LIBRA | Sep. 23-Oct. 23
A happy person will dream of your future. A night-time adventure will lead to romance. Patience can bring you fulfilment.

SCORPIO | Oct. 24- Nov. 22
A long-standing commitment will prevent an adventure. Stand firm when a decision is required. A lurking idealist can alter your status.

SAGITTARIUS | Nov. 23- Dec. 21
Share information to increase your options. You'll see the antics of a drama queen. You'll make the best of a situation.

CAPRICORN | Dec. 22-Jan. 20
Make contact with like-minded people. Give the lie to something that has been said. Practice willpower all through the day.

AQUARIUS | Jan. 21-Feb. 18
A call will have a miraculous effect. A newcomer is falling in love with your spirit. A thrilling experience makes for an exciting story.

PISCES | Feb. 19-Mar. 20
Stop goading someone in the name of love. A tough situation will come from a traveller. People are going berserk for no reason. AVATAR VENUS

		4	3		6			
	6					7	1	
3	8				9	5		
8		9	4				6	
				6				
	4				8	1		2
		3	6				8	4
	2	1					5	
			5		7	2		

instructions »

The digits 1 through 9 will appear exactly once in each row, and each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

solve time »

Under 13 minutes	Genius
13-17 minutes	Scholar
17-21	Smart
21-25	Pretty good
More than 25	Keep practising

previous answer

8	7	6	2	3	5	1	9	4
4	3	2	1	9	7	6	8	5
5	1	9	6	8	4	3	2	7
3	6	8	9	7	2	5	4	1
2	4	1	3	5	8	9	7	6
9	5	7	4	1	6	2	3	8
1	2	4	7	6	9	8	5	3
7	8	3	5	2	1	4	6	9
6	9	5	8	4	3	7	1	2

This Day IN HISTORY

May 26, 1805: Napoléon Bonaparte assumes the title of King of Italy and is crowned in Milan.

May 26, 1889: Opening of the first Eiffel Tower elevator to the public.

May 26, 2004: The New York Times publishes an admission of journalistic failings, saying its flawed reporting during the buildup to the 2003 war in Iraq helped promote the belief that Iraq possessed large stockpiles of weapons of mass destruction. WIKIPEDIA.ORG

Vancouver weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Tuesday	Wednesday	Thursday
40% Showers. 20°	Partly clear. Low 13°	Variable. 18°/ 11°	40% Showers. 18°/ 11°	Partly sunny. 16°/ 10°

Temperature
Normals
High: 17.7°
Low: 9.1°

Records
High: 26.1°/1958
Low: 5°/1938

Sunrise: 5:16 a.m.
Sunset: 9:03 p.m.
Moonrise: 1:28 a.m.
Moonset: 11:08 a.m.

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